

Glenmalure Farm Cookbook Recipes For Grass Fed Meats

Glenmalure Farm

98 Beemer Church Road

Branchville, NJ 07826

973.875.5453

email: GlenmalureFarm@gmail.com - www.GlenmalureFarm.com



Glenmalure Farm is a natural, traditional and environmentally appropriate environment for animals with the goal of providing the best quality meat products to our customers.



We are proud to be part of the Sussex County Agricultural Community.



Pat Kelly 973-875-5453

Glenmalure Farm is named after the area of Glenmalure, Ireland, a vale located in the Wicklow Mountains. This green valley is surrounded by high mountains with a river cascading through it.

Our farm is located in Wantage and Frankford Townships in Sussex County New Jersey. We gave it the name Glenmalure, our farm is located in the Kittatinny Mountains with a stream running through the green pastures.

We took possession of the farm in 1997. From the outset it was our goal to raise grass fed livestock. In cooperation with federal, state and county agricultural advisors, we converted a farm that had been neglected for years into a viable farm sustaining hormone free, grass fed beef, sheep and free roaming pigs.



Glenmalure Farm Cookbook Recipes For Grass Fed Meats

Glenmalure Farm

98 Beemer Church Road

Branchville, NJ 07826

973.875.5453

email: GlenmalureFarm@gmail.com - www.GlenmalureFarm.com

Index

Page: 58

Almond Chicken (Or Pork) Cups 4
Barbecue Beef And Peppers Sub 7
Barbecue Beef Brisket 8
Beef Stew With Cognac And Horseradish Mustard 42
Beef Stroganoff 9
Beef Tortilla Pizza 10
Borscht 57
Braised Pork Chops 43
Broccoli Rabe And Sausage 51
Chicken Catalina 22
Chicken Wrapped In Chipped Beef 23
Chili-Lime Meatballs 11
Coriander-Studded Tenderloin Steak 12
Curried Lamb 29
Demi-Glace 55
Dilled Lamb Stew 30
Duck With Olives 26
Duckling With Orange 27
Garden Dinner Casserole 44
Garden Supper Casserole 28
Garlic-Rosemary Lamb Pila 6
Glasbern's Filet Mignon 13
Glasbern's Marinated Flat Iron Steaks 14
Glazed Pork Kebabs And Sesame Rice 45
Gourmet Pork Chops 46
Greek Lamb Chops 31
Greek Salad 54
Grilled Lamb Chops With Orange-Rosemary Rub And Grilled Vege 32
Grilled Leg Of Lamb With Mint Gremolata 33
Grilled Southwest Steaks With Sunset Salad 15
Lamb Chops With Minted Fruits 34
Lamb Meatballs With Cilantro Raïa 5
Lamb Moussaka 35
Lasagna 16
Mint Gremolata 56
Moroccan Meatballs 37
Orange Glazed Pork Chops 47
Pork Chops With Smoky Black Bean Relish 48
Roast Lamb With Parsley 38
Sauerbraten 17
Sausage And Peppers 52
Shepherd's Lamb Stew 39
Skillet Shepherd's Pie 40
Steak Crostini With Chive-Cream Sauce 18
Stir Fry Beef 19
Stuffed Pork Chops 49
Stuffed Shoulder Of Lamb 41
Summer Stuffed Peppers 20
Teriyaki Prok Stir-Fry 50
Vietnamese Beef Salad 21

Table Of Contents

Page: 3

Gourmet Pork Chops
Orange Glazed Pork Chops
Pork Chops With Smoky Black Bean Relish
Stuffed Pork Chops
Teriyaki Prok Stir-Fry
Broccoli Rabe And Sausage
Sausage And Peppers
Whole-Wheat Pasta With Sausages, Leeks, And Stredded Fontina

Salads

Greek Salad

Sauce

Demi-Glace
Mint Gremolata

Soups

Borscht

Mint Gremolata

Page: 58

Prep Time: 0 Cook Time: 0 Yield: 0 ☐ Healthy Choice ☐ Oven ☐ Microwave ☐ Grill
Category: Sauce Ethnic Type: Greek
Sub Category: Author: Sara Foster, MyRecipes
Cookbook: Glenmalure Farm Page number:

Ingredients:

Gremolata is traditionally made with minced parsley, lemon, and garlic. Adding mint gives a fresh spring flavor that goes well with lamb.

This recipe goes with Grilled Leg of Lamb with Mint Gremolata

Yield: Makes about 1 cup

Ingredients

1 cup fresh mint leaves
1/2 cup fresh parsley, washed, drained, and stems removed
1 teaspoon lemon zest
1 tablespoon fresh lemon juice
2 garlic cloves, minced
2 slices sourdough bread (crust removed), cubed (about 1 cup)
2 tablespoons extra-virgin olive oil
Sea salt, to taste
Freshly ground pepper, to taste

Preparation Instructions:

Combine first 7 ingredients in a blender or food processor, and puree 30 seconds to 1 minute or until ingredients are granular, not smooth. (Pulse to avoid over-processing ingredients.) Scrape gremolata into a small bowl. Season with salt and pepper. Serve immediately, or keep refrigerated in an airtight container up to 1 week.

Sara Foster, MyRecipes, MARCH 2006

Lamb Meatballs With Cilantro Raita

Page: 5

Prep Time: 0 Cook Time: 0 Yield: 0 ☐ Healthy Choice ☐ Oven ☐ Microwave ☐ Grill
Category: Appetizers Ethnic Type:
Sub Category: Lamb Author: Williams Sonoma
Cookbook: Glenmalure Farm Page number:

Ingredients:

2 Tbs. olive oil, plus more for baking sheet
1 small yellow onion, minced
1 lb. ground lamb
2 eggs, lightly beaten
1/2 cup minced fresh flat-leaf parsley
2 Tbs. fine dried bread crumbs
1 tsp. ground cumin
4 large garlic cloves, minced
1 1/4 tsp. salt
1/2 tsp. freshly ground pepper
1 cup plain yogurt
2 Tbs. finely chopped fresh cilantro

Preparation Instructions:

Shape the meatballs
Preheat a broiler. Lightly oil a rimmed baking sheet.

In a fry pan over medium-low heat, warm the 2 Tbs. olive oil. Add the onion and cook, stirring occasionally, until soft, about 5 minutes.

Transfer the onion to a large bowl and add the lamb, eggs, parsley, bread crumbs, cumin, three-fourths of the garlic, 1 tsp. of the salt and the pepper. Using your hands, combine the ingredients. Form the mixture into walnut-sized balls, rolling them lightly between your palms. Place on the prepared baking sheet.

Cook the meatballs

Broil the meatballs, turning once, until brown and crispy, 8 to 10 minutes.

Make the raita

Meanwhile, in a small serving bowl, whisk together the yogurt, cilantro, remaining garlic and remaining 1/4 tsp. salt.

Spear each meatball with a toothpick, place on a platter and serve alongside the raita. Makes about 42 meatballs.

Greek Salad

Page: 54

Prep Time: 0 Cook Time: 0 Yield: 0 ☐ Healthy Choice ☐ Oven ☐ Microwave ☐ Grill

Category: Salads

Ethnic Type: Greek

Sub Category:

Author: Sunset

Cookbook: Glenmalure Farm

Page number:

Ingredients:

- 2 English cucumbers, cut into 1/2-inch cubes
- 2 pounds tomatoes, cored and cut into 1/2-inch cubes
- 1 medium red onion, chopped, then rinsed and drained
- 1 1/3 cups coarsely chopped parsley
- 1 1/3 cups drained pitted kalamata olives, halved if large
- 1/2 cup extra-virgin olive oil
- 1/2 cup lemon juice
- 1 1/2 teaspoons dried oregano
- 1 pound feta cheese
- Salt and fresh-ground pepper

Preparation Instructions:

1. In a large bowl, combine cucumbers, tomatoes, onion, parsley, and olives.
2. In a small bowl, mix olive oil, lemon juice, and oregano.
3. Break feta cheese into about 1/2-inch chunks and add to cucumber mixture. Add dressing and mix gently, adding salt and pepper to taste.

Note: Nutritional analysis is per serving.

Kitchen Notes

Notes: You can prepare through step 2 up to 4 hours ahead; cover and chill vegetables and dressing separately. Just before serving, pour cucumber mixture into a colander to drain off any liquid, then return to bowl and mix with feta cheese and dressing.

Barbecue Beef And Peppers Sub

Page: 7

Prep Time: 0 Cook Time: 0 Yield: 0 ☐ Healthy Choice ☐ Oven ☐ Microwave ☐ Grill

Category: Lunch

Ethnic Type:

Sub Category: Subs

Author: Pampered Chef

Cookbook: Glenmalure Farm

Page number:

Ingredients:

- 1 loaf (1 lb) Italian Bread (about 17 inches long)
- 1 large green bell pepper, cut into 1/2 inch strips
- 1 large red bell pepper, cut into 1/2 inch strips
- 1 tsp vegetable oil
- 1/2 cup pan juices from Barbecue Beef Brisket (see below)
- 1 tsp cornstarch
- 3/4-1 pound cooked beef brisket (about 2 cups slices) (see below)
- 1 cup onions
- 8 slices (1 oz each) Colby-Jack blend

Please refer to the Barbecue Beef Brisket Recipe found under Main Dishes

Preparation Instructions:

Preheat oven to 350 degrees. Cut bread in half horizontally, end to end, using serrated knife. Carefully pull out sections of bread from interior and each bread half, leaving a 1/2 inch thick bread shell, set aside bread interior for another use.

Cut bell peppers into 1/2 inch strips. Heat oil in small saute pan over medium heat. Add bell pepper strips and cook 6-8 minutes or until peppers are crisp-tender, stirring occasionally. Remove from heat; remove peppers from pan and set aside.

Discard any solidified fat from pan juices. Combine pan juices and cornstarch in same pan; whisk until smooth. Bring to a boil over medium heat, stirring constantly. Reduce heat; simmer 1 minute. Add brisket slices and onions; bring to a boil. Reduce heat; simmer over low heat 5 minutes or until heated through.

To assemble sandwich, place bottom half of bread on a pan. Spoon brisket mixture over bottom half of bread. Top evenly with bell peppers, cheese and top half of bread. Bake 5-7 minutes or until heated through and cheese is melted. Cut Sandwich into slices and serve.

Sausage And Peppers

Page: 52

Prep Time: 0 Cook Time: 0 Yield: 8 ☐ Healthy Choice ☒ Oven ☐ Microwave ☐ Grill
Category: Main Dishes Ethnic Type: Italian
Sub Category: Sausage Author: Lidia's Italy Cookbook
Cookbook: Glenmalure Farm Page number:

Ingredients:

16 links Glenmalure Farm sausage
1/4 cup olive oil or as needed
8 cloves garlic, peeled
1 lb white mushrooms
3 large yellow onions, cut into 1" wedges (5 cups)
6 pickled cherry peppers, stemmed and seeded but whole
2 medium yellow peppers, cored, seeded and cut into 1" strips
2 medium red peppers, cored, seeded and cut into 1" strips
(about 6 cups total peppers)

Preparation Instructions:

Poke the sausages all over with a fork. Divide 1/4 cup olive oil between two large heavy skillets and heat them over medium heat. Divide the sausages between the skillets and cook, turning occasionally, until the sausages are well browned on all sides, about 8 minutes. About half way through browning the sausages, whack the garlic with the flat side of a knife and toss half the cloves into each skillet. Transfer the browned sausages and garlic to a 13 x 9-inch baking dish, leaving the fat behind.

While the sausages are browning, prepare the mushrooms. Trim the stems from the shiitakes, if using. Trim the stems from the white and crimini mushrooms if you like. Cut any mushrooms with caps larger than 2 inches in half; leave smaller mushrooms whole.

Preheat the oven to 400 degrees F. Scatter the onions and cherry peppers over the fat in one of the skillets and the mushrooms over the fat in the other. Cook the onions, stirring often, until browned and wilted, but still quite crunchy, about 8 minutes. Cook the mushrooms until they have absorbed the fat in the skillet and have begun to brown, about 6 minutes.

Slide the mushrooms into the baking dish. Spoon the onions into the baking dish, leaving behind some of the fat in the skillet. (If there is not enough fat left to coat the bottom of the skillet, pour in enough olive oil to do so.) Add the peppers to the skillet and cook, tossing frequently, just until wilted, but still quite crunchy, about 6 minutes. Slide the peppers into the baking dish, toss all the ingredients together well and place in the oven.

Bake uncovered, tossing occasionally, until the vegetables are tender but still firm and no trace of pink remains in the sausages, about 25 minutes. Serve hot.

Beef Stroganoff

Page: 9

Prep Time: 0 Cook Time: 0 Yield: 0 ☐ Healthy Choice ☒ Oven ☐ Microwave ☐ Grill
Category: Main Dishes Ethnic Type:
Sub Category: Beef Author: Peggy Kelly
Cookbook: Glenmalure Farm Page number:

Ingredients:

2 lbs sirloin steak, cubed
3 10 3/4 oz cans cream of mushroom soup (or one large can)
8 oz sliced fresh mushrooms
2 Tbsp sweet paprika
1 pint sour cream
1 can beef broth
1 package egg noodles
1 large onion diced

Preparation Instructions:

Cut steak into bite-size pieces. Place a few tablespoons of cooking oil in a large skillet. Brown meat with diced onion. Add paprika and stir; add beef broth, mushroom soup and mushrooms. Transfer all of this to your 3 quart pyrex baking dish and place in the oven at 325 degrees for 1 hour 45 minutes. At that time mix in the sour cream and cook for another 15 minutes. Serve over hot egg noodles with fresh baby carrots and a salad.

I have also cooked this in a crock pot and it turns out great!

Teriyaki Prok Stir-Fry

Page: 50

Prep Time: 0 Cook Time: 0 Yield: 6 ☐ Healthy Choice ☐ Oven ☐ Microwave ☐ Grill

Category: Main Dishes

Sub Category: Pork

Cookbook: Glenmalure Farm

Ethnic Type:

Author: Pampered Chef

Page number:

Ingredients:

- 2/3 cup reduced-sodium soy sauce
- 1/4 cup packed brown sugar
- 1 tablespoon cornstarch
- 2 teaspoons peeled, finely chopped fresh gingerroot
- 2 garlic cloves, pressed
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless pork loin chops, cut into 1/8-inch strips
- 2 cups uncooked instant whole grain brown rice
- 1 medium red bell pepper, cut into 1/4-inch strips
- 6 ounces fresh snow peas, trimmed
- 1 bunch green onions with tops, cut into 1-inch pieces (about 6-8)
- 1 teaspoon sesame oil, divided
- 1 can (8 ounces) bamboo shoots, drained

Preparation Instructions:

1. In Small Batter Bowl, combine soy sauce, brown sugar and cornstarch; whisk until blended. Finely chop gingerroot using Food Chopper. Add gingerroot, garlic pressed with Garlic Press and red pepper flakes to soy sauce mixture.
2. Using Chef's Knife, cut pork into 1/8-inch-thick strips. Add pork to soy sauce mixture; toss to coat. Cover; refrigerate 15 minutes to marinate.
3. Meanwhile, cook rice in Small (2-qt.) Saucepan according to package directions. Cut bell pepper into 1/4 inch strips, trim snow peas and cut green onions into 1-inch pieces using clean Chef's Knife.
4. Heat 1/2 teaspoon of the oil in Stir-Fry Skillet over high heat until hot. Remove pork from marinade using Nylon Slotted Spoon; add to skillet, reserving marinade. Using Bamboo Spatula Set, stir-fry 1-2 minutes or until pork is no longer pink. Remove from skillet; keep warm.
5. Heat remaining 1/2 teaspoon oil in same skillet. Add bell pepper, snow peas and green onions. Stir-fry 2-3 minutes or until vegetables are crisp-tender. Return pork to skillet. Stir in reserved marinade and bamboo shoots. Bring to a boil. Cook and stir 1 minute or until sauce is thickened. Serve over rice.

Chili-Lime Meatballs

Page: 11

Prep Time: 0 Cook Time: 0 Yield: 20 ☐ Healthy Choice ☐ Oven ☐ Microwave ☐ Grill

Category: Main Dishes

Sub Category: Beef

Cookbook: Glenmalure Farm

Ethnic Type:

Author: Pampered Chef

Page number:

Ingredients:

Glaze:

- 1/2 cup teriyaki baste and glaze
- 3 large cloves garlic pressed
- 2 tsp Thai red curry paste
- 2 Tbsp lime juice

Meatballs:

- 1lb lean ground beef
- 1/4 plain dried bread crumbs
- 1 egg
- 2 Tbsp Asian Seasoning Mix
- 2 tsp Thai red curry paste
- 2 green onions sliced
- lime wedges (optional for a fresh squirt after or for garnish)

Preparation Instructions:

1. Whisk together baste and glaze, lime juice, curry paste and garlic pressed with Garlic Press in Small Batter Bowl.
2. Combine beef, bread crumbs, egg, seasoning mix and curry paste in Classic Batter Bowl; mix well. Using level Small Scoop, form beef mixture into 40 meatballs. Place meatballs in (12-in./30-cm) Skillet; cook over medium-high heat 8-10 minutes or until browned, turning frequently. Remove Skillet from heat.
3. Pour glaze into Skillet; stir meatballs to coat. Place meatballs onto serving platter and top with green onions. Serve with lime wedges, if desired.

Options:

To substitute the Asian Seasoning Mix, add 2 tsp (10 mL) grated fresh gingerroot, 3/4 tsp (4 mL) salt, 1 pressed garlic clove and 1/4 tsp (1 mL) ground cayenne pepper.

Meatballs can be cooked and frozen 3 days in advance. To reheat, place frozen meatballs in Skillet with 1/4 cup (50 mL) water. Cover; heat 7-8 minutes or until hot. Remove from heat; stir in glaze.

Pork Chops With Smoky Black Bean Relish

Page: 48

Prep Time: 0 Cook Time: 0 Yield: 0 ☐ Healthy Choice ☐ Oven ☐ Microwave ☐ Grill
Category: Main Dishes Ethnic Type:
Sub Category: Pork Author: The Sonoma Diet
Cookbook: Glenmalure Farm Page number:

Ingredients:

6 boneless pork top loin chops, cut 1/2 inch thick (about 1 3/4 lbs total)
kosher salt
fresh ground pepper
3 Tbsp lime juice
2 Tbsp chopped fresh cilantro
1 Tbsp extra-virgin olive oil
6 cloves garlic, minced (1 Tbsp minced)
1 cup frozen whole kernel corn, thawed
2 cups cherry tomatoes, quartered
1 15oz can black beans, rinsed and drained
1/2 cup sliced green onions
1/4 cup chopped fresh cilantro
1-2 tsp finely chopped canned chipotle chile peppers in adobo sauce

Preparation Instructions:

Trim fat from chops. Season chops with kosher salt and pepper. In a small bowl combine 2 Tbsp of the lime juice and 2 Tbsp cilantro; brush over chops.

For a charcoal grill, place chops on the rack of an uncovered grill directly over medium coals. Grill for 7-9 minutes or until chops are done (160 degrees) and juices run clear. (For a gas grill, preheat grill. Reduce heat to medium. Place chops on grill rack over heat. Cover and grill as above.)

Meanwhile, in a large skillet heat oil over medium-high heat. Add garlic; cook for 30 seconds. Add corn; cook and stir about 3 minutes or until lightly browned.

In a large bowl combine the corn mixture, tomatoes, black beans, green onions and 1/4 cup cilantro, the chipotle peppers and the remaining 1 Tbsp lime juice. Season to taste with kosher salt and pepper.

Serve chops with corn mixture.

Glasbern's Filet Mignon

Page: 13

Prep Time: 0 Cook Time: 0 Yield: 8 ☐ Healthy Choice ☐ Oven ☐ Microwave ☒ Grill
Category: Main Dishes Ethnic Type: French
Sub Category: Beef Author: Glasbern Country Inn
Cookbook: Glenmalure Farm Page number:

Ingredients:

8 6oz filets
2-3 Tbsp minced shallots
4 thyme sprigs
1 bay leaf
1/2 tsp cracked peppercorns
2 Tbsp sugar
16ozs red wine
16ozs demi-glace (see demi-glace recipe in this book)
1 Tbsp lemon juice
4 ozs diced butter

Preparation Instructions:

Before grilling the steaks, make the sauce. Combine the shallots, thyme, bay leaf, peppercorns, sugar and red wine in a saucepan. Cook over medium high heat, until the amount of liquid has been reduced by half (8 ozs.).

Add the demi-glace and keep simmering the sauce until it has thickened enough to coat the back of a spoon.

Season the sauce with lemon juice, salt, and pepper. Finish the sauce by whisking in the diced butter. Strain the sauce into a serving container and keep warm while grilling the steaks.

Grill steaks to your desired doneness. Let sit for five minutes and then serve, along with the sauce. Serves 8. -- Nate Weikla, executive chef

Gourmet Pork Chops

Page: 46

Prep Time: 0 Cook Time: 0 Yield: 6 ☐ Healthy Choice ☒ Oven ☐ Microwave ☐ Grill
Category: Main Dishes Ethnic Type: American
Sub Category: Pork Author: Peggy Kelly
Cookbook: Glenmalure Farm Page number:

Ingredients:

6 Glenmalure Farm loin pork chops, 1/2" thick
2 Tbsp flour
1 tsp salt
dash pepper
2 Tbsp oil
1 10 1/2 oz can cream of mushroom soup
1/2 tsp ground ginger
1/4 tsp dried rosemary, crushed
1 3 1/2 oz can french-fried onions
1/2 cup sour cream

Preparation Instructions:

Coat chops with mixture of flour, salt and pepper. Brown in a skillet on both sides. Place in a baking dish. Combine soup, 3/4 cup water, ginger and rosemary; pour over chops. Sprinkle with half the onions. Cover and bake at 350 degrees for 50 minutes or until meat is tender.

Uncover, sprinkle with remaining onions and continue baking 10 minutes. Remove meat to platter. Blend sour cream into soup mixture and heat. Serve with meat.

Grilled Southwest Steaks With Sunset Salad

Page: 15

Prep Time: 0 Cook Time: 0 Yield: 4 ☐ Healthy Choice ☐ Oven ☐ Microwave ☒ Grill
Category: Main Dishes Ethnic Type: American
Sub Category: Beef Author: Star Angus Ranch
Cookbook: Glenmalure Farm Page number:

Ingredients:

2 beef eye round steaks cut 1" thick (8 oz each)

Marinade

1/3 cup fresh lime juice
2 tsp ground cumin
2 tsp steak seasoning blend
2 tsp finely chopped chipotle peppers in adobo sauce

Sunset Salad

2 small ears corn, husked
2 large yellow, orange and/or red bell peppers cut lengthwise in half
2 medium tomato, chopped
1 Tbsp olive oil

Preparation Instructions:

1. Combine marinade ingredients in small bowl. Cover and refrigerate 2 Tbsp for Sunset Salad. Place beef steaks and remaining marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Place corn and bell peppers on grill over medium, ash-covered coals; grill peppers, uncovered, 15-20 minutes (over medium heat on preheated gas grill, covered, 15-20 minutes) and corn 20-25 minutes (over medium heat on preheated gas grill, covered 20-25 minutes) or until tender, turning occasionally. Remove; set aside to cool slightly.
3. Add 3-4 additional briquettes to each side of fire grate to maintain medium heat, if necessary. Remove steaks from marinade; discard marinade. Place steaks on grill over medium, ash-covered coals. Grill, uncovered, 19-23 minutes (over medium heat on preheated gas grill, covered 17-19 minutes) for medium rare 145 degrees doneness, turn occasionally.
4. Meanwhile, to prepare Sunset Salad, chop bell peppers and cut corn kernels from cobs; place in medium bowl. Add tomato. Whisk reserved marinade and oil in small bowl until blended. Pour over vegetables; toss to coat.
5. Carve steaks into thin slices. Serve with salad.

Garden Dinner Casserole

Page: 44

Prep Time: 0 Cook Time: 0 Yield: 0 ☐ Healthy Choice ☒ Oven ☐ Microwave ☐ Grill

Category: Main Dishes

Ethnic Type: American

Sub Category: Pork

Author: Peggy Kelly

Cookbook: Glenmalure Farm

Page number:

Ingredients:

1 6 oz package crutons
1 cup shredded cheddar cheese
4 Tbsp melted butter
1 12 oz bag frozen peas
1 small onion, chopped
4 Tbsp flour
4 Tbsp butter (to saute onion)
1 tsp salt
1/8 tsp pepper
1 1/2 cups milk
2 cups cubed ham
1 large tomato sliced

Preparation Instructions:

Heat oven to 350 degrees. Mix crutons, cheese and 4 Tbsp melted butter. Spread half the mixture in a greased casserole dish and top with peas. Saute onion in 4 Tbsp butter until tender. Blend in 4 Tbsp flour and seasonings and cook over a low heat until mixture is bubbly. Remove from heat. Stir in milk and continue to stir as it heats up. Stir in meat and pour over peas. Arrange tomato slices on top and bake for 20 minutes. Now add the remaining cruton/cheese mixture and bake until cheese is melted (another 10 minutes)

If you prefer a moister casserole, make additional Roux (sauce) by melting an additional 2 Tbsp butter, 2 Tbsp flour (always use equal amounts of flour and butter for your Roux) and one cup milk. Melt the butter and stir in the flour until "cooked", add milk and continue to stir. Add to casserole before topping with tomato.

Sauerbratten

Page: 17

Prep Time: 0 Cook Time: 0 Yield: 0 ☐ Healthy Choice ☐ Oven ☐ Microwave ☐ Grill

Category: Main Dishes

Ethnic Type: German

Sub Category: Beef

Author: Peggy Kelly

Cookbook: Glenmalure Farm

Page number:

Ingredients:

1 Rump roast
1 cup vinegar
1 cup water
1 Tbsp salt
2 Tbsp sugar
2 Tbsp pickling spices
2 large onions, sliced into rings

1/2 cup gingerbread cookie mix
2 leeks sliced into rings
1 carton beef broth

read preparation instructions thoroughly before adding any ingredients!

Preparation Instructions:

Place meat in bowl, add first 7 ingredients (not cookie mix). Refrigerate for 3 days turning occasionally. Drain liquid, rinse roast and place in a crockpot. In a mixing bowl, combine one carton beef broth and 1/2 cup gingerbread cookie mix. Pour this over the roast in the crockpot. Add leeks sliced into rings. If more liquid is needed, add more beef broth. To thicken your gravy, add more gingerbread cookie mix to the broth.

Beef Stew With Cognac And Horseradish Mustard

Page: 42

Prep Time: 0 Cook Time: 0 Yield: 6 ☐ Healthy Choice ☐ Oven ☐ Microwave ☐ Grill
Category: Main Dishes Ethnic Type:
Sub Category: Pork Author: Oprah Magazine Cookbook
Cookbook: Glenmature Farm Page number:

Ingredients:

3 tablespoons olive oil
1/4 pound applewood-smoked bacon, cut into 1/2-inch pieces
2 large sweet onions, chopped
2 shallots, chopped
2 cloves garlic, minced
3 tablespoons all-purpose flour
Salt and freshly ground pepper
2 pounds beef chuck, cut into 2-inch cubes
1/2 cup cognac
3 cups beef broth
1 cup chopped canned Italian plum tomatoes
2 fresh bay leaves, torn or 1 dried bay leaf
4 branches thyme, lightly crushed
1/3 cup horseradish or Dijon mustard
2 large carrots, cut into 1-inch pieces
2 large parsnips, cut into 1-inch pieces
1/2 pound cremini mushrooms, sliced
1/4 cup red wine

Preparation Instructions:

In a large Dutch oven, heat one tablespoon olive oil over a medium-low flame. Add bacon and cook until crisp. Remove with a slotted spoon and drain on paper towels. Increase heat to medium-high. Add onions and shallots and cook until they begin to turn golden (but not brown), about 15 minutes. Add garlic and cook 1 minute. Using a slotted spoon, transfer mixture to a large bowl.

In another large bowl, combine flour, one teaspoon salt, and 1/4 teaspoon pepper. Add beef and toss with seasoned flour. In the Dutch oven over medium-high heat, cook one-third of beef until browned on all sides, about 5 minutes. Add beef to the bowl of onions. Repeat with remaining beef in two more batches, adding another tablespoon olive oil as necessary.

Add cognac to pot, scraping up any browned bits from the bottom. Stir in broth, tomatoes, bay leaves, thyme, and mustard until well combined. Return meat-and-onion mixture and bacon to pot. Reduce heat and simmer, partially covered, until meat is soft, about 2 hours. Add carrots and parsnips; cover and simmer until tender, about 45 minutes.

Meanwhile, in a large skillet, heat one tablespoon olive oil over a medium-high flame. Add mushrooms and cook until browned.

Stir mushrooms and wine into stew; simmer 10 minutes. Season to taste with salt and pepper. Remove bay leaves and thyme branches. Serve with a simple green salad.

Stir Fry Beef

Page: 19

Prep Time: 0 Cook Time: 0 Yield: 6 ☐ Healthy Choice ☐ Oven ☐ Microwave ☐ Grill
Category: Main Dishes Ethnic Type: American
Sub Category: Beef Author: Peggy Kelly
Cookbook: Glenmature Farm Page number:

Ingredients:

1 1/2 lb top round or sirloin
1/4 cup oil
1 onion
1 1/2 cup celery, diced
3/4 cup carrot, thinly sliced
1 Tsp cornstarch
1/4 cup soy sauce
1 8oz can tomato sauce
1 Tsp honey
1/4 tsp ground ginger
1 green pepper cut in thin strips
1 4oz can mushrooms
3 cups cooked rice

Preparation Instructions:

Cut steak into 2" strips. Sear in oil, separate onion slices into rings and add to skillet with sliced celery and carrots. Stir fry until crisp, tender. Blend corn starch with soy sauce in a small bowl and stir in tomato sauce and seasonings. Add to skillet with green pepper and mushrooms. Stir fry about 3 minutes until sauce thickens. Serve over rice.

Skillet Shepherd's Pie

Page: 40

Prep Time: 0 Cook Time: 0 Yield: 6 ☐ Healthy Choice ☒ Oven ☐ Microwave ☐ Grill
Category: Main Dishes
Sub Category: Lamb
Cookbook: Glenmalure Farm
Ethnic Type: American
Author: America's Test Kitchen
Page number:

Ingredients:

Filling:
2 tsp canola oil
2 carrots, peeled and sliced 1/4" thick
1 onion, minced
1 celery rib sliced 1/4" thick
1 lb Glenmalure Farm lamb or lean beef
1/4 cup flour
3 cloves garlic, minced
1 Tbsp tomato paste
1 1/2 cups low-sodium chicken broth
3/4 cup beer
1 Tbsp Worcestershire sauce
2 tsp minced fresh thyme or 1/2 tsp dried thyme
1 cup frozen peas
1 ear corn, kernels removed (or 3/4 cup frozen corn)

Topping:

1 1/2 lbs Yukon Gold potatoes peeled and cut into 2" chunks
1 Tbsp unsalted butter, melted
1/3 cup milk, warmed
1/4 cup sour cream
salt and pepper

Preparation Instructions:

Preheat oven to 375 degrees.
Heat oil in a 12" ovenproof skillet over medium heat. Add carrots, onion and celery and cook until softened. Stir in meat until browned. Add flour, garlic and tomato paste and cook for an additional minute. Wisk in broth, beer, Worcestershire sauce and thyme.

Bring mixture to a simmer and stir occasionally until thickened (about 10 minutes). Remove from heat and stir in peas and corn and season with salt and pepper to taste.

Drain the potatoes and return to the saucepan. Mash with butter; stir in milk and sour cream until smooth.

Spoon the potatoes over the top of the filling, then smooth them into an even layer. Spread to the edges of the skillet. Bake until the filling is bubbling, about 15 minutes.

With the broiler rack at least 6" from the element, heat the broiler and broil the casserole until the top is golden; 3-5 minutes. Cool before serving.

This dish can be made ahead by layering the filling and topping in a 2 quart baking dish. Cover with plastic wrap and refrigerate for up to 2 days. To bake, cover dish with foil and bake at 375 about 1 hour then broil to brown potatoes.

Vietnamese Beef Salad

Page: 21

Prep Time: 25 Cook Time: 0 Yield: 4 ☐ Healthy Choice ☐ Oven ☐ Microwave ☒ Grill
Category: Main Dishes
Sub Category: Beef
Cookbook: Glenmalure Farm
Ethnic Type: Vietnamese
Author: Food-Five Easy Dinners
Page number:

Ingredients:

1 flank steak (1 1/2-2 lbs)
1/2 cup low sodium soy sauce
4 ozs thin rice noodles
2 Tbsp grated fresh ginger (optional)
1/4 cup fresh lime juice
2 tsp light brown sugar
1/2 tsp kosher salt
2 tsp sesame oil
2 Tbsp peanut oil
2 radishes, trimmed and thinly sliced
1 papaya-peeled, seeded and roughly chopped
1/2 cup fresh cilantro leaves (optional)

Preparation Instructions:

Place the steak and soy sauce in a large resealable plastic bag. Refrigerate for 2-8 hours. Heat grill to medium or place a grill pan over medium heat. Cook the steak to the desired doneness, about 5 minutes per side for medium-rare. Transfer to a cutting board to rest for 10 minutes.

Meanwhile, prepare the noodles according to the package directions. Rinse the noodles under cold water and drain. In a small bowl, whisk together the ginger, lime juice, brown sugar, salt and sesame and peanut oils. Thinly slice the steak across the grain. Divide the steak and noodles among individual plates. Top with radishes and papaya, drizzle with the dressing and sprinkle with the cilantro.

Roast Lamb With Parsley

Page: 33

Prep Time: 0 Cook Time: 0 Yield: 0 ☐ Healthy Choice ☒ Oven ☐ Microwave ☐ Grill

Category: Main Dishes

Ethnic Type: Irish

Sub Category: Lamb

Author: Peggy Kelly

Cookbook: Glenmalure Farm

Page number:

Ingredients:

2 lbs. best end or loin of Glenmalure Farm lamb

salt and pepper

1 clove garlic, sliced

3 oz breadcrumbs

1 heaping Tbsp chopped fresh parsley

2 1/2 oz melted butter

Preparation Instructions:

Pre-heat oven to 400 degrees. Rub meat with salt and pepper and insert slices of garlic along underside of joint. Place on rack and roast without any additional fat for 20 minutes. Mix crumbs, parsley and butter together and press thickly all over fat side surface of meat. Continue roasting for about 40 minutes until meat cooked and crumbs browned. Serve with gravy.

Chicken Wrapped In Chipped Beef

Page: 23

Prep Time: 0 Cook Time: 0 Yield: 0 ☐ Healthy Choice ☒ Oven ☐ Microwave ☐ Grill

Category: Main Dishes

Ethnic Type:

Sub Category: Chicken

Author: Peggy Kelly

Cookbook: Glenmalure Farm

Page number:

Ingredients:

8 boneless, skinless chicken breasts

3-2oz packages of Buddig Beef (I find this at Walmart)

2 cans of golden mushroom soup

1 cup of sour cream

Preparation Instructions:

Wrap each chicken breast in 2-3 slices of the beef. Mix the soup with sour cream and put some in the bottom of a 9x13 pyrex dish. Place the chicken in the dish and cover with the rest of the soup mixture. Bake at 350 for 45 min - 1 hour until it is done. (internal temp about 165)

If the soup mixture is too thick just dilute with water until you like the consistency.

Lamb Moussaka

Page: 36

Preparation Instructions:

To prepare lamb mixture, cook lamb in a large Dutch oven over medium-high heat until browned; stir to crumble. Remove from pan; drain. Set aside. Wipe skillet with paper towels.

Add onion to pan coated with cooking spray; sauté 5 minutes. Add lamb, currants, and next 7 ingredients (currants through garlic); bring to a boil. Cook until thick (about 30 minutes).

Preheat broiler.

To prepare sauce, cook 1 1/2 cups milk and butter in a heavy saucepan over medium-high heat to 180° or until tiny bubbles form around edge (do not boil). Remove from heat. Combine 1/2 cup milk, egg whites, flour, and 1/2 teaspoon salt in a large bowl; gradually add the hot milk mixture to the egg white mixture, stirring constantly with a whisk. Return milk mixture to pan, and cook until thick (about 15 minutes), stirring constantly. Remove from heat.

Place half of eggplant slices on a baking sheet coated with cooking spray, and brush with 1 1/2 teaspoons oil. Broil 4 minutes on each side or until browned. Repeat procedure with remaining eggplant and 1 1/2 teaspoons oil.

Preheat oven to 375°.

Cook potato slices in boiling water 5 minutes or until crisp-tender; drain. Rinse with cold water; drain well.

Arrange potatoes in the bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange half the eggplant slices over potatoes. Pour 4 cups lamb mixture over eggplant, and sprinkle with 1 tablespoon cheese. Arrange remaining eggplant over cheese, and top with the remaining lamb mixture. Sprinkle with 1 tablespoon cheese. Spread sauce over cheese, and sprinkle with 2 tablespoons cheese. Bake at 375° for 45 minutes or until top is golden brown. Let stand 15 minutes. Garnish with oregano sprigs, if desired.

Winter Warmer

Page: 25

Prep Time: 0 Cook Time: 0 Yield: 8 ☐ Healthy Choice ☒ Oven ☐ Microwave ☐ Grill

Category: Main Dishes

Ethnic Type: American

Sub Category: Chicken

Author: Peggy Kelly

Cookbook: Glenmalure Farm

Page number:

Ingredients:

3 cups mashed potatoes
1 cup shredded cheddar cheese
1 2.8oz can french fried onions
1 1/2 cups cubed chicken or other meat
1 10oz package frozen mixed vegetables
1 can cream of chicken soup
1/4 cup milk
1/2 tsp ground mustard
1/4 tsp garlic powder
1/4 tsp ground black pepper

Preparation Instructions:

Heat oven to 375 degrees. Boil and mash potatoes. In a medium bowl combine potatoes, half the cheese and half the french fried onions. Mix thoroughly. Spoon into greased casserole dish spreading across the bottom and up the sides to form a shell. In a large bowl combine chicken, mixed vegetables, soup, milk and seasonings. Pour into potato shell and bake uncovered for 30 minutes or until heated through. Top with remaining cheese and onion mixture. Bake uncovered for an additional 10 minutes or until onions are golden brown. Let stand 5 minutes before serving.

The amount of french fried onions and cheese may be increased to your taste!

Lamb Chops With Minted Fruits

Page: 34

Prep Time: 0 Cook Time: 0 Yield: 0 ☐ Healthy Choice ☒ Oven ☐ Microwave ☐ Grill
Category: Main Dishes Ethnic Type: Irish
Sub Category: Lamb Author: Peggy Kelly
Cookbook: Glenmalure Farm Page number:

Ingredients:

6 Glenmalure Farm lamb rib or loin chops 1" thick
4 slices processed Swiss Cheese
4 thin onion slices

Minted Fruits:

1/3 cup mint-flavored apple jelly
1 Tbsp butter or margarine
1 Tbsp lemon juice
1 16oz can pear halves, drained and quartered
1 can (13 1/2 oz) pineapple chunks, drained

Preparation Instructions:

Set oven control at broil or 550 degrees. Broil chops 3" away from heat for about 7 minutes or until brown. Cut cheese to fit chops; set aside.

Turn chops; broil 5-7 minutes longer. Place onion and cheese slice on each chop; broil 2 minutes or until cheese begins to melt. Serve with minted fruits

Preparation instructions for minted fruits:

In a small saucepan, cook and stir jelly, butter and lemon juice until jelly is melted. Stir in pears and pineapple; heat through. Serve hot in small individual dishes.

Duckling With Orange

Page: 27

Prep Time: 20 Cook Time: 120 Yield: 5 ☐ Healthy Choice ☒ Oven ☐ Microwave ☐ Grill
Category: Main Dishes Ethnic Type: French
Sub Category: Duck Author: Peggy Kelly
Cookbook: Glenmalure Farm Page number:

Ingredients:

4-5 lb duckling
salt and pepper
1 small onion
3 oranges
1 oz butter
1 rounded Tbsp sugar
1 cup chicken stock
juice of half lemon
2 Tbsp Cointreau or Brandy

Preparation Instructions:

Sprinkle duck inside and out with salt and pepper. Insert onion and 3 thinly pared strips orange rind into body cavity. Place duckling breast up on rack in roasting tin, with washed giblets in tin under rack. Smear breast with butter and roast in pre-heated (350) oven allowing 20-25 minutes per pound of weight.

Meanwhile, remove orange rinds thinly from one orange, cut into matchstick strips, cover with water and boil for 5 minutes; drain. Cut skinless segments from one orange and squeeze juice from rest. In a small saucepan heat sugar and 2 Tbsp water until caramelized, add chicken stock and heat gently until caramel is dissolved. When cooked, dish duckling and keep warm. Skim excess fat from roasting tin, add chicken stock, orange and lemon juice, and liqueur; stir and boil until well reduced. Check seasoning and strain over duck.

Sprinkle with orange strips and garnish with segments.

Grilled Lamb Chops With Orange-Rosemary Rub And Grilled Vege

Page: 32

Prep Time: 0 Cook Time: 0 Yield: 0 ☐ Healthy Choice ☐ Oven ☐ Microwave ☐ Grill

Category: Main Dishes

Ethnic Type:

Sub Category: Lamb

Author: Oprah Magazine Cookbook

Cookbook: Glenmalure Farm

Page number:

Ingredients:

1 small russet or baking potato
1 zucchini, sliced lengthwise
1 yellow squash, sliced lengthwise
1 tablespoon olive oil
Kosher salt and freshly ground black pepper
Zest of 1 orange
1 tablespoon finely chopped rosemary
1 small clove garlic, finely chopped
3 loin lamb chops

Preparation Instructions:

Place potato in a medium stock pot over high heat, and add enough water to cover. Bring to a boil and cook until potato is fork-tender, about 25 minutes; remove from water and let cool. When cool enough to handle, cut lengthwise into 4 slices. Brush potato wedges, zucchini, and yellow squash with olive oil; season with salt and pepper to taste, and set aside.

Meanwhile, preheat grill to high heat. In a small bowl, combine orange zest, rosemary, garlic, and salt; set aside. Season lamb chops with salt and pepper, and grill one side 3 to 5 minutes for medium-rare to medium. Place prepared vegetables on grill and cook until tender, about 7 minutes, turning as needed. Turn chops over and place half the orange mixture on top. Cook another 3 to 5 minutes, flip over, and transfer to a warm plate. Top with remaining orange mixture and serve with vegetables.

Curried Lamb

Page: 29

Prep Time: 0 Cook Time: 0 Yield: 4 ☐ Healthy Choice ☐ Oven ☐ Microwave ☐ Grill

Category: Main Dishes

Ethnic Type:

Sub Category: Lamb

Author: Peggy Kelly

Cookbook: Glenmalure Farm

Page number:

Ingredients:

2 lbs. Glenmalure Farm boneless lamb, cut in 3/4" cubes
1 Tbsp oil
1 medium onion, sliced
1 1/2 tsp salt
dash freshly ground pepper
1 bay leaf
1 cup flour
1 1/2-2 tsp curry powder
1 Tbsp snipped parsley
cooked rice
curry condiments: raisins, peanuts, flaked coconut or chutney

Preparation Instructions:

Brown cubed meat in a skillet with oil. Add 1 1/2 cups water, onion, salt, pepper, and bay leaf. Cover and cook slowly for 1 1/2 hours or until meat is tender.

Remove meat from pan. Pour meat juices into large measuring cup; skim off excess fat. Add enough water to make 1 1/2 cups liquid. Mix flour and curry powder; blend with 1/2 cup cold water. Pour meat juices back into pan; stir in flour mixture. Cook, stirring constantly, until mixture thickens and bubbles. Add meat and parsley to sauce; heat through. Serve lamb with cooked rice. Offer bowls of curry condiments such as raisins, peanuts, flaked coconut or chutney.